

# PLAYER DEVELOPMENT AT THE TRAIN TO TRAIN STAGE

(GIRLS AGE II-15 YEARS, BOYS AGE 12-16 YEARS)

# MAIN OBJECTIVE

Build an aerobic base, develop speed and strength towards the end of the stage, and further develop and consolidate sport-specific skills.

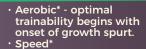
The Train to Train stage begins when a child's major growth spurt begins which makes it an important window for the physiological development of players. This is a sensitive period of accelerated adaptation to aerobic, speed and strength development. WARNING: Take care that youth are not pushed to over-train or over-compete as this is the stage when many young athletes quit their sport due to burnout or excessive pressure.

#### GENERAL SPORT DEVELOPMENT



- May start to focus on 2 sports based on desire & sport-specific potential.
   Major focus of training / competition is applying skills, strategies & tactics learned in training.
- 60:40 percent training -tocompetition ratio (40 includes competition specific training and actual competition).

### **GENERAL FITNESS SKILLS**



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  - · Strength\*
  - · Encourage flexibility
  - training to avoid stress.
    Further develop recovery
  - Further develop recovery & regeneration programs.
  - Develop techniques to taper and peak.
  - \*Key period of development

#### MENTAL & COGNITIVE DEVELOPMENT



- Abstract thinking becomes more firmly established.
   Much emphasis on self identity with participants eager to perfect skills.
   Deductive reasoning and
- Deductive reasoning and systematic planning emerges.
- This stage is critical to fully understanding the rules of sport and the consequences of one's actions.

### EMOTIONAL DEVELOPMENT



- Tremendous influence on behavior from peer group.
- $\boldsymbol{\cdot}$  Tension between adults and adolescents.
- Need opportunity to explore own ideas of self & how they fit in.
- Pressure from coaches / parents to play a certain role can cause confusion.
- · Capable of co-operating & accepting some responsibility.

### **ETHICAL & SOCIAL SKILLS**



- · Learn to cope with physical & mental challenges of competition.
- Integrating basic mental preparation skills into training.
- · Playing fair matters as competition increases.
- · Key concepts:
- Personal best / goal-setting.
- Continuous Improvement.
- Reinforce sportsmanship & fair play.

# **COACHING TIPS**

- Players should get as many touches on the ball as possible Better opportunity to develop their skills.
- Focus on the technical skill application Training and games.
- Don't under value asking OPEN or LEADING questions Player feedback will guide the level of instruction.
- Positive reinforcement Give positive feedback at all times.
- Create a challenging environment Time challenges or mini competitions.
- Use all teaching tools Verbal, Visual & Feeling.
- "Secret Plan" for every exercise or game Create excitement and interest.
- SHOW & GO Don't talk for too long. Demonstrate and let players "feel" the exercise.

## **DESIRED GENERAL OUTCOMES**

#### Youth:

- Understand how to make informed lifestyle and nutrition choices.
- · Understand that they need to respect their bodies by not using banned substances.
- · Learn the importance of positive self-talk and mental imagery in overcoming anxiety and creating confidence in performance.

#### Parents understand:

- Their involvement in sport changes as youth are more independent & likely train without them. Their role becomes more advisory & support.
- Players are not pushed to over-train/over-compete or injury and burnout can result.
- · Youth might start to focus on 2 sports based on their desire and potential but it's still too early for a high degree of specialisation.